

March / April
2013



**GREENSBORO
PARKS AND
RECREATION**

All programs are open
to Guilford County
residents ages 55 and
older and are located
at Smith Senior Center
unless noted.

**Mabel D. Smith
Senior Center**
and
**Greensboro
Seniors Unit**
336.373.7564

2401 Fairview St
Greensboro, NC
27405

www.greensboro-nc.gov/seniors

**Operating
Hours:**

Mon - Thurs
8 am - 9 pm

Friday
9 am - 9 pm

Saturday
9 am - 12 noon

**SMITH SENIOR
CENTER WILL
BE CLOSED:**

**March 29 & 30
for
Easter**

Seniors Unit News

SPRING CLASSES

FIT & STRONG! Classes at Smith Senior Center and Trotter Recreation Center have been cancelled due to instructor's health. We apologize for any inconvenience.

A MATTER OF BALANCE — Marya Haefner & Joseph Libera, Instructors (Ages 55+)

This is an evidence-based program designed to reduce the fear of falling and improve activity levels among older adults. Classes include group discussions, mutual problem solving, and exercises to improve strength, coordination and balance. Registration is required. Space is limited. Attendance at all sessions is necessary for successful completion of the class. To register call 373-7564, or visit the front office. Funding for this class is made possible by a grant from the N.C. Department of Aging and Adult Services. Contributions are accepted.

March 5 - April 23 | Tuesdays | 3 - 5 pm | FREE

ZUMBA! — Janet Pollock, Instructor (Ages 18+)

Zumba! is a patented fitness class that combines Latin dancing with interval and resistance training for a full-body, rhythmic, and fun workout.

Two payment options are available:

Pay for the entire session — 7 classes for \$30 (Payment due on the first night)
OR

Walk-in fee — \$5 per class

April 11 - May 23 | Thursdays | 5:30 - 6:15 pm | \$30 or \$5 per class

CHAIR YOGA — Ellen Ammirato, Instructor (Ages 55+)

This is a gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support. Registration is required. Space is limited. To register call 373-7564, or visit the front office.

May 3 - June 21 | Fridays | 9:15 - 10 am | \$40

AARP TAX-AIDE SERVICE

The AARP Foundation will provide free income tax services to taxpayers with low and moderate incomes, with no age requirement.

**Appointments are available on
Wednesdays from
March 6 — April 10
9:30 am — 7:30 pm**

For an appointment call
Smith Senior Center at 373-7564

Seniors Unit Trip Planning Committee

If you're interested in serving on a
Trip Planning Committee,
please attend an interest meeting on
Tuesday, March 12 at 10 am
at Smith Senior Center.

People serving on the committee should have experience planning bus trips for their church, civic group, etc., be willing to make phone calls, or internet searches, for possible trip locations, and have creative trip ideas!

FITNESS

Fitness Room Membership | Ages 55+: \$60/six months; Ages 18-54: \$70/six months
Membership includes a required orientation, personal training sessions and various fitness classes including arthritis, balance, strength and cardio classes.

Fitness Room Hours Monday - Thursday 8 am - 8:45 pm | Friday 9 am - 8:45 pm
Saturday 9 - 11:45 am

Pickleball Mondays: 10 am - 12 noon (Ages 55+)

Darts Wednesdays: 10 am - 12 noon (Ages 55+)

Table Tennis Wednesdays: 10 am - 12 noon (Ages 55+) | Fridays: 5:00 - 8:45 pm (Ages 18+)

Bocce, Horseshoes, Shuffleboard and Cornhole Fridays: 10 am - 12 noon (Ages 55+)

Gym Walking The gym is available for walking laps during operating hours, except during AHOY classes or other program. 19 laps = 1 mile

Pickleball and Cornhole at the Greensboro Sportsplex — 2400 16th Street — 373-3272
Tuesdays & Thursdays: 9:30 - 11:30 am (Ages 18+)

AQUATICS

Senior Swim | Ages 55+

Monday 2 - 4 pm | Open swim

Tuesday 9:45 - 10:45 am | Lap swimming allowed in the deep end, side to side. Shallow end for non-swimmers.

Tuesday 2 - 4 pm | Lap swimming allowed in the deep end, side to side. Shallow end for non-swimmers.

Wednesday 2 - 4 pm | Open swim

Thursday 9:45 - 10:45 am | Lap swimming only, full length of pool

Thursday 2 - 4 pm | Lap swimming allowed in the deep end, side to side. Shallow end for non-swimmers.

Friday 2 - 4 pm | Open swim

Saturday 9:30 - 11:30 am | Open swim

Senior Swim Fee | \$30 for 30 visits | Participants must purchase a 30-visit punch card. Card expires one year from the date of purchase. May also be used at Smith High School pool and Lindley outdoor pool (summer).

Water Aerobics Classes — Vivian Sloan, Instructor | Ages 55+

Shallow End | **Monday & Wednesday** | 8:15 - 9:15 am | **March 18 - May 22** | **\$90**

Arthritis Foundation Aqua Program | **Mon, Wed & Fri** | 10 - 11 am | **March 18 - May 24** | **\$145**

Evening Splash | **Monday & Wednesday** | 5 - 6 pm | **March 18 - May 22** | **\$90** (Ages 18+)

Shallow End | **Tuesday & Thursday** | 8:15 - 9:15 am | **March 19 - May 23** | **\$100**

Shallow End | **Tuesday & Thursday** | 11 am - 12 noon | **March 19 - May 23** | **\$100**

Water Fitness Classes — Cathy McClellan, Instructor | Ages 18+

These classes are for beginners to advanced fitness levels. Ability to swim is not a requirement. Spice up your water routine with noodles and weights, deep water (optional), circuit training and more.

March 19 - May 16 | **Tuesdays & Thursdays** | 5:45 - 6:30 pm | **\$76.50**

CLASSES

Line Dance — Mike Summers, Instructor | Ages 18+

Tuesdays | **Beginners: 6:30 - 7:40 pm** | **Intermediate/Advanced: 7:45 - 8:50 pm**

\$6 per class | Learn basic steps and techniques through verbal cues and demonstrations.

Kung-Fu Pai-Lum — Dennis Makool, Instructor | Ages 12+

Tuesdays & Thursdays | 7:10 - 8:50 pm | **\$40 per month**

This Chinese martial art teaches self-defense, focus, balance, respect and improves your physical condition.

Honey Bee Helpers (A Chapter of the Busy Bee Crafters of Greensboro, NC) | Ages 55+

Mondays | 10 am - 1 pm

The Honey Bee Helpers crochet, knit and sew hand-made items for the clients/patients of Beacon Place, Hospice, Kids Path, and Women's Hospital of Greensboro. Beginner and experienced crafters are welcome! For more information, call Teania Jackson at 373-7564.

March Activities

Mar 5 — Senior Games Sign-up Party, 1 pm. Enjoy snacks, socialize with other senior games participants, and turn in your registration form early! Staff will be on-hand to provide assistance with forms. At 2 pm, watch the film, "Age of Champions," the award-winning documentary about five competitors, ages 86-100 years old, who sprint, leap, and swim for gold at the National Senior Olympics. Free.

Mar 6 — Hiking Club Hike, call 373-7564 for information.

Mar 6 — "Hearts" Card Party, 10 am. If you're interested in playing Hearts each week, or want to learn how to play, please attend this interest meeting with Joe Straughn.

Mar 6 — Citywide Bowlers League, 2 pm, Triad Lanes, 21 Oak Branch Drive. Call 272-9003 for more information.

Mar 7 — Singing Ambassadors Rehearsal, 9:30 am, St. John's UMC, 1304 Merritt Dr. Call 545-5737 for information.

Mar 7 — Balance Screenings, 10 am. Physical therapists from Cone Health will be conducting balance screenings on a first come, first serve basis. Free.

Mar 8 — Movie, 1 pm, "Top Gun." As students at the Navy's elite fighter pilot school compete to be best, one pilot learns a few things from a civilian instructor that are not taught in the classroom. Tom Cruise, 1986. Free.

Mar 9 — Fall Prevention Class, 10 am. Marya Haefner, Certified Matter of Balance Coach, will teach exercises and answer questions on how to prevent falls. Free.

Mar 13 — Hiking Club Hike, call 373-7564 for information.

Mar 13 — Citywide Bowlers League, 2 pm, Triad Lanes, 21 Oak Branch Drive. Call 272-9003 for more information.

Mar 13 — Pickleball Demonstration, 6:30 pm. Come out and learn how to play this fun sport, which is a mix of tennis, badminton, ping pong and racquetball. Free.

Mar 14 — Singing Ambassadors Rehearsal, 9:30 am, St. John's UMC, 1304 Merritt Dr. Call 545-5737 for information.

Mar 15 — St. Patrick's Day Soup & Potato Lunch, 1 pm. Enjoy a yummy soup and potato lunch with all the fixin's. \$5 per person. Space is limited. Pre-register by calling 373-7564 or visit the front desk.

Mar 18 — "Protected Assets" Presentation, 10 am. Come out and learn what services "Protected Assets" offers.

Mar 20 — Hiking Club Hike, call 373-7564 for information.

Mar 20 — Citywide Bowlers League, 2 pm, Triad Lanes, 21 Oak Branch Drive. Call 272-9003 for more information.

Mar 21 — Singing Ambassadors Rehearsal, 9:30 am, St. John's UMC, 1304 Merritt Dr. Call 545-5737 for information.

Mar 21 — Self-defense Class, 10 am. Learn moves you can use to protect yourself. Instructor Willie Reynolds has been teaching self-defense for 11 years. Free.

Mar 27 — Hiking Club Hike, call 373-7564 for information.

Mar 27 — Citywide Bowlers League, 2 pm, Triad Lanes, 21 Oak Branch Drive. Call 272-9003 for more information.

Mar 28 — Singing Ambassadors Rehearsal, 9:30 am, St. John's UMC, 1304 Merritt Dr. Call 545-5737 for information.

FREE Classes for Fitness Room Members

All classes are 30 minutes

Mondays Arthritis/Balance - 8:30 am

Tuesdays Fitness Class* - 11:30 am

(*Format changes weekly, see Fitness Member calendar)

Wednesdays Arthritis/Strength - 8:30 am

Thursdays Strength/Cardio - 5:30 pm

Saturdays Arthritis - 9 am

April Activities

Apr 3 — Hiking Club Hike, call 373-7564 for information.

Apr 3 — Citywide Bowlers League, 2 pm, Triad Lanes, 21 Oak Branch Drive. Call 272-9003 for more information.

Apr 4 — Singing Ambassadors Rehearsal, 9:30 am, St. John's UMC, 1304 Merritt Dr. Call 545-5737 for information.

Apr 9 — Archery Demonstration, 1 pm. If you've ever wanted to try archery, now is your chance! If there is enough interest, archery may become a weekly event.

Apr 10 — Hiking Club Hike, call 373-7564 for information.

Apr 10 — Citywide Bowlers League, 2 pm, Triad Lanes, 21 Oak Branch Drive. Call 272-9003 for more information.

Apr 11 — Singing Ambassadors Rehearsal, 9:30 am, St. John's UMC, 1304 Merritt Dr. Call 545-5737 for information.

Apr 11 — Cell Phone Q&A, 6 pm. Winston Walker, owner of "Two Geeks Computers," will answer your cell phone questions and show you how to text, add a contact, send a picture, change your ringtone and lots more! Bring your phone and your questions. Free.

Apr 12 — Movie, 1 pm, "Dances With Wolves." Lt. John Dunbar, exiled to a remote western Civil War outpost, befriends wolves and Indians, making him an intolerable aberration in the military. Kevin Costner, 1990. Free.

Apr 15 — T.O.P.S. Open House, 5:30 pm. Meet current members, sample healthy meals, and learn tips to control emotional eating. All ages welcome. First meeting is free.

Apr 17 — Hiking Club Hike, call 373-7564 for information.

Apr 17 — Citywide Bowlers League, 2 pm, Triad Lanes, 21 Oak Branch Drive. Call 272-9003 for more information.

Apr 18 — Singing Ambassadors Rehearsal, 9:30 am, St. John's UMC, 1304 Merritt Dr. Call 545-5737 for information.

Apr 24 — Hiking Club Hike, call 373-7564 for information.

Apr 24 — Citywide Bowlers League, 2 pm, Triad Lanes, 21 Oak Branch Drive. Call 272-9003 for more information.

Apr 24 — Greensboro Orthopaedics Q&A, 6 pm.

Dr. Matthew Olin will present information and answer any questions you may have. Free.

Apr 25 — Singing Ambassadors Rehearsal, 9:30 am, St. John's UMC, 1304 Merritt Dr. Call 545-5737 for information.

Apr 27 — Fall Prevention Class, 10 am. Marya Haefner, Certified Matter of Balance Coach, will teach exercises and answer questions on how to prevent falls. Free.

A.H.O.Y. (Add Health to Our Years)

FREE low-impact aerobics classes for ages 55+

Class Locations, Days and Times

Smith Senior Center 2401 Fairview St.	M, W, Th, Sat W	9:15 am 5:30 pm*
Lewis Recreation Ctr. 110 Forest Lawn Dr.	M, W, Fri	9:15 am
Leonard Recreation Ctr. 6324 Ballinger Rd.	M, W, Fri	10:30 am
Lindley Recreation Ctr. 2907 Springwood Dr.	M, Tu, Th	2:15 pm
Brown Recreation Ctr. 302 East Vandalia Rd.	Tu, Th	9:15 am
Peeler Recreation Ctr. 1300 Sykes Ave.	Tu, Th	10:30 am

*AHOY "Boot Camp" - 30 minute class with intervals of cardio and strength training for a total body workout (Ages 18+)



Seniors Unit &
Smith Senior Center
2401 Fairview Street
Greensboro, NC 27405

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RETURN SERVICE REQUESTED

March / April 2013

INFORMATION

Inclement Weather Policy

In the event of bad weather, it may be necessary to cancel programs or close the Smith Senior Center. The following guidelines will be used in the event of severe weather - snow, ice, tornado, flooding, etc.

- If Guilford County Schools are closed, all senior programs and classes will be cancelled
- If Guilford County Schools operate on a 1-hour delay, all senior programs and classes will be held as scheduled
- If Guilford County Schools operate on a 2-hour delay, ONLY morning programs and classes will be cancelled
- If bad weather begins during the day, contact the facility or recreation center where the program is being held
- If we cancel a program, you will generally be refunded any fees paid, if possible, or a credit may be issued. If the program is held or rescheduled for a later date, refunds will not be given.

(These guidelines do not replace your own judgment regarding your travel and personal safety. This policy applies only in the case of inclement weather. School closings at other times do not affect the Seniors Unit programs.)

If you would like to receive the Seniors
Unit Newsletter by email
instead of regular mail, please
send an email to
jennie.matkins@greensboro-nc.gov
and request to be added to the
Newsletter email list.

If you would like to receive AHOY
information, announcements and class
schedules by email, please
send an email to
marya.haefner@greensboro-nc.gov
and request to be added to the
AHOY email list.